

ST. MARY'S COUNTY HEALTH DEPARTMENT

# CPEST

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# CPEST

**Cancer**

**PREVENTION**

**EDUCATION**

**SCREENING**

**TREATMENT**



CERVICAL CANCER  
AWARENESS

## Cervical Cancer Screening

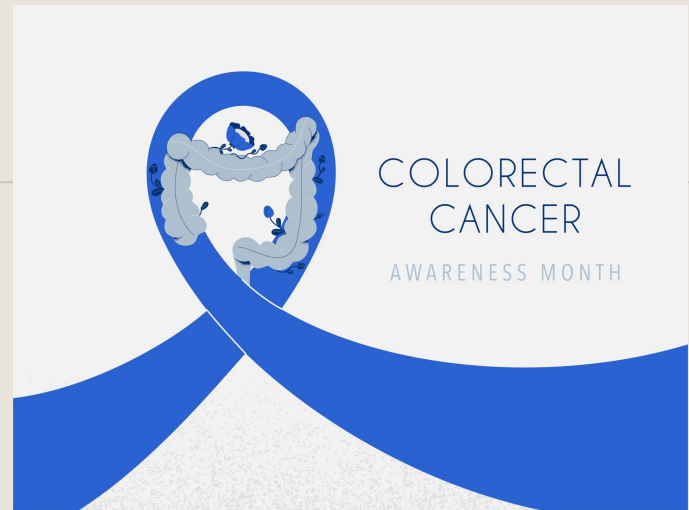
- Should start at age 21, regardless of if you are sexually active
- People between the ages of 25-65 should get an HPV test every five years
- People 65+ who have had regular cervical cancer screening in the past ten years **SHOULD NOT** be tested for cervical cancer and should not be retested after testing has stopped
- People who have had their cervix removed should not be tested
- If you are vaccinated against HPV, you should follow the above recommendations

# Breast Cancer Screening



- Women ages **40-65** should start getting annual screening with a mammogram
- Women can start receiving a Clinical breast exams as early at age 20 depending on risk factors. Usually they starts around age 25ish
- Transmasculine (female-to-male) individuals who have not had a bilateral mastectomy should get an annual screening
- Transfeminine (male-to-female) individuals aged 50+ with at least 5 years of feminizing hormone use should have mammograms every two years and should discuss screening and risk factors with their provider

- Both men and women need to get screened
- Start screening at age 45
- Some can start younger than 45 if family history or having issues
- Cologuard is another great option for those who do not have any risk factors and are at average risk. Please ask your provider if this could be an option for you!



# Eligibility

**Maryland Resident**

Must be able to provide proof of residency

**Age 21+ for Cervical  
Age 40+ for Breast  
Age 45+ for colon**

Must provide some kind of ID where its a drivers licence or passport

**Uninsured,  
underinsured, or  
limited income**

In St. Mary's we do verbal consent of income, however we do tell people they might need to show proof if further care is needed.

# How to help!

- Inform community members who could benefit from our program about us.
- Encourage those of age to get the necessary screenings
- Encourage appropriate vaccinations
- Let us know if you need more flyers to hand out!
- If you need someone to speak on this topic let us know.

## Contact Information: Program Supervisor

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